



AMERICAN REHABILITATION
COUNSELING ASSOCIATION

A Division of the American Counseling Association

SPRING 2014



**MESSAGE FROM
THE ARCA
PRESIDENT**

PAUL TORIELLO

WHAT IS CLINICAL REHABILITATION COUNSELING?

As you are probably aware, [CORE](#) and [CACREP](#) have been working diligently to roll-out the new accreditation process for Clinical Rehabilitation Counseling. The leadership from both CORE and CACREP gave the ARCA Board an update during the Board’s meeting in conjunction with the ACA Conference in Honolulu. The Board also took the opportunity to ask questions and dialogue with said leaders. During the dialogue, I found Dr. Jennifer Wiebold’s question (ARCA Board Council Chair for Organization, Administration, and Management) particularly inspiring. Dr. Wiebold essentially asked about the process for how the Clinical Rehabilitation Counseling standards were validated above and beyond their initial development (i.e., by several anonymous experts) and subjection to public comment. In response, there has not been nor does CORE and CACREP have any plans (let alone the resources) to validate the Clinical Rehabilitation Counseling standards above and beyond what has already occurred.

The promulgation of Clinical Rehabilitation Counseling (CLRC) is a significant component of the rapidly changing landscape of professional counseling. To me it feels like CLRC was a “long time coming” and, at the same time, “happened over night.” How do we move forward? Fortunately, I think Dr. Wiebold’s question provides an opportunity for ARCA to help Rehabilitation Counseling to move forward. **Specifically, I think ARCA should take the lead in supporting research to further understand, define, and validate CLRC.**

In the field of professional counseling, the quality and fearlessness of empirical inquiry conducted by Rehabilitation Counseling Researchers is second to none. Ongoing research into CLRC will provide a scientific lens from which to view CLRC. Such a lens is critical as the politics, policy, and resource allocations regarding CLRC unfold. As much as I am excited about the potential opportunities and implications of CLRC, I see potential threat to the very existence of Rehabilitation Counseling. **We need data. Thus, I am calling for the scientific community to consider answering questions about CLRC:** What is CLRC? How different is it, if at all, from “regular” Rehabilitation Counseling? What impact is CLRC having on training programs, employers, certification and licensing boards, etc.? How are the lives of persons with disabilities being impacted by CLRC?

With the above as inspiration, I plan to ask the ARCA Board to invest money in such research. Moreover, I have asked Dr. Doug Strohmer, Editor of the Rehabilitation Counseling Bulletin (RCB), to consider how RCB can support the scientific community in answering the call.

Paul Toriello, Rb.D., CRC, CCS, LCAS
ARCA President 2013-2014
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2013-2014 ARCA LEADERSHIP

July 1, 2013 through June 30, 2014

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COUNCIL ON PROFESSIONAL PREPARATION/STANDARDS
Chair, Open**COUNCIL ON PUBLIC POLICY AND LEGISLATION**
Chair, Open

ARCA'S MISSION

The American Rehabilitation Counseling Association (ARCA) is an organization of rehabilitation counseling practitioners, educators, and students who are concerned with continually improving the profession of rehabilitation counseling in its service to persons with disabilities. In pursuit of this mission, ARCA:

1. Provides leadership in advancing the profession and science of rehabilitation counseling.
2. Promotes standards that represent the highest quality of professional rehabilitation counseling practice in a rapidly changing environment.
3. Provides research findings with direct application to the current and future practice of rehabilitation counseling.
4. Fosters dialogues and coordinates activities among rehabilitation counselors, educators, administrators, and other rehabilitation professionals within and among various specialty areas.
5. Engages in active collaborations and partnerships with other national professional organizations and with consumer groups.

ARCA supports eliminating environmental and attitudinal barriers so that more opportunities in education, employment, and leisure are available to people with disabilities. ARCA's activities are designed to: increase public awareness of the profession of rehabilitation counseling; engage the association's members in outreach and education; promote leadership skills through participation in ARCA's organizational activities; and to advocate for appropriate licensure requirements. ARCA's goals are addressed through public education, collaboration, and legislative activities.

FOR MORE INFORMATION ABOUT ARCA

EXPLORE OUR WEBSITE AT:

WWW.ARCAWEB.ORG



http://twitter.com/ARCA_ACA



**ARCA BOARD
UPDATES**

**FROM
QUITEYA WALKER,
ARCA SECRETARY**

Hello ARCA Members,

You are invited to join the ARCA Board on our monthly conference calls. The upcoming meeting date, time, and contact information is listed below.

WEDNESDAY, MAY 28, 2014
12:00 P.M. UNTIL 2:00 P.M. EST
CONFERENCE NUMBER: 1-877-820-7831
PARTICIPANT ACCESS CODE: 104458 #

**2014-2015 ARCA LEADERSHIP
ANNOUNCED**

We are also pleased to announce the 2014-2015 ARCA Leadership (see the next page). Congratulations to these individuals who will take office July 1, 2014. Thank you to those individuals who served in the 2013-2014 term! We appreciate their service!!

“COUNCIL ON. . . .”

In addition, the ARCA Board has agreed to drop the word “Council” from the various position titles for the upcoming Board year.

If you have any questions, please contact me at:
quiteya.walker@asurams.edu



2014-2015 ARCA LEADERSHIP

July 1, 2014 through June 30, 2015

ARCA OFFICERS

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Chair, Open
- PUBLIC POLICY AND LEGISLATION**
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- PUBLIC RELATIONS AND AWARENESS CHAIR**
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- RESEARCH AND KNOWLEDGE CHAIR**
Keith Wilson kbwilson@siu.edu
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(419) 841-8889 Office



**PRESIDENT-ELECT'S
PERSPECTIVE**

DAVID STATEN, PH.D.

I embrace a vision of a unified profession for rehabilitation counseling. ACA has over 55,000 active members. Thus, we need to organize and find creative ways to capitalize on that collective synergy. I will seek to build on the hard work of the past ARCA Presidents and Boards to move our organization closer to unification. Given ARCA's alignment as a subdivision of ACA, I believe that this organization is best positioned to advance the agenda of the rehabilitation counseling profession. I have several goals that will assist in advancing the profession's agenda.

To begin with, I will work with the ARCA Board to develop a strategic plan to help identify our agenda over the next several years. One of the things that differentiates ARCA from other professional associations is the organization's historical emphasis on research. To that end, we will be engaging in strategic planning that will be inclusive of both quantitative as well as qualitative data. For example, we plan on surveying the current membership, past ARCA presidents, persons with disabilities, as well as other relevant stakeholders.

Second, we will actively promote the continued marketing and awareness of the rehabilitation counseling profession. This includes continuing to advocate for the inclusion of rehabilitation counselors as it pertains to credentialing and state licensure laws.

Third, we will commit to developing a detailed recruitment and retention plan to help bolster ARCA's membership. I believe that we have to do a better job of reaching out to all of our relevant rehabilitation stakeholders, with an emphasis on practitioner inclusion. Several recent studies indicate that membership in rehabilitation counseling professional organizations has significantly declined over the past two decades. Given the many challenges facing the rehabilitation counseling community, we can no longer afford to be fragmented into separate organizations that ultimately dilute our voices as rehabilitation counselors. Thus, I will continue to advocate for the unification of the profession.

Fourth, as the President of ARCA, I will be afforded the opportunity to continue this organization's legacy of advocating for individuals with disabilities and the promotion of excellence in the rehabilitation counseling profession. These are some challenging times that we are facing as rehabilitation professionals. Conversely, there are some exciting opportunities as well. Rehabilitation counselors have always demonstrated resilience and sustainability.

Finally, as the ARCA President, I look forward to working with the ARCA Board and providing distinguished service to the membership. I am also looking forward to working with the ACA Leadership. Moreover, the current ACA President, Dr. Cirecie Olatunji-West, appointed me to serve as the Leadership Chair for the ACA Task Force. In that role, I serve as the Leadership Chair to oversee leadership activities among the Leadership Development, Leadership Resource & Training, and Seasoned Leadership task force groups for the American Counseling Association.

The specific charges for my role as Leadership chair are to: (1) lead an invited education session for the ACA conference in which the task force chairs, Research & Knowledge committee chair will present an overview of leadership activities under my auspices; (2) oversee the development of research design, implementation, and report on the creation of a leadership model for the counseling profession to be spearheaded by the Research & Knowledge committee in partnership with the region chairs and division presidents; and (3) monitor the design, implementation, and evaluation of leadership activities within each leadership task force group. This is an exciting opportunity for ARCA to further strengthen our relationship with ACA.

In closing, I look forward to serving as the ARCA President. I welcome any constructive feedback that will help move our organization forward. Please feel free to contact me and share your innovative ideas.

David Staten, Ph.D., LPC, NCC, CRC, BCC, BCPC
dstaten@scsu.edu

David Staten will take office on July 1, 2014.



ACA GOVERNING COUNCIL REPRESENTATIVE REPORT

**SUBMITTED BY
CARRIE WILDE**

This year ACA Governing Council held two face-to-face meetings: one in October 2013 and the second at the ACA Annual Conference in Honolulu in March 2014. I want to take a few minutes here to highlight some of ACA's activities and accomplishments for the year.

ACA membership continues to thrive with numbers now closing in on 55,000. This is great news as we continue to work toward a more unified identity for the counseling profession. Services such as the "Free CE of the Month" program and a wide variety of webinar offerings continue to draw large interest from membership. In fact, the next upcoming webinar series will address the newly released 2014 ACA Code of Ethics. The six week webinar series will run on Wednesdays from 1:00 p.m. until 2:00 pm ET. It will run from May 14, 2014 through June 25, 2014. The cost is only \$119 for ACA members. Don't worry if you can't make all the sessions, they are available for on-demand viewing after each session. Another exciting ACA product coming out soon is the first ever 2014 State of the Profession: Counselor Compensation report. In Fall 2013, ACA undertook this historic salary survey project on behalf of counselors. Results are in the final stages and the report will be made available to members at the cost of \$49. Finally, ACA headquarters will be relocating by the end of the year. After a two year process, negotiations are heading into final stages and I hope to be able to share our new headquarters location with you soon.

The most recent meeting had Governing Council (GC) representatives spending the majority of its time in strategic planning. Multiple times throughout our two day meeting, we worked in small breakout groups with each group addressing one of ACA's strategic initiatives. Members found this time beneficial and we have now created online forums so we can continue this work more effectively throughout the year. New to March 2014 Governing Council meeting was the addition of two informal meetings. These meetings were held in the evenings and allowed GC members to have more informal and in depth discussions about ACA business matters. Despite the fact that many of us were tired from long flights and time changes, these meetings allowed for a good exchange of background information on varying issues which in turn allowed for increased efficiency during the formal GC meetings. Additionally, for new GC members this really seemed to help with their learning curve regarding policy and procedure. In the coming year, the usual Fall Governing Council meeting will now be held in July in conjunction with ACA Annual Institute for Leadership Training. This move will allow Governing Council members to interact with incoming division and state branch leadership and to join them for the "Day on the Hill" activity.

Looking ahead, ACA has set conference locations and dates for the next two years. The Call for Programs is already out for Orlando 2015 with submissions due by 5:00 p.m. ET on May 28, 2014. I hope you will consider submitting a proposal. Supersaver conference registration rates are in effect until September 15, 2014. Please mark your calendars as we hope to see you:

MARCH 11 — 15, 2015
Orlando, Florida

MARCH 30 — APRIL 3, 2016
Montreal, Canada

I appreciate the opportunity to continue serving as ARCA's Governing Council representative. If you have any questions, please email me at cwilde4@gmail.com.

ARCA WEBSITE
<http://www.arcaweb.org>

Visit the website regularly for:

- Updates and News
- Calls
- Resources and Links
- Forms
- Conference Information
- Newsletter Archives
- and more!

ARCA LISTSERV
arca@listserv.arcaweb.org

Join the ARCA Listserv by sending an email to the subscription address above, leave the subject line blank but enter the following in the message area of the email: **SUBSCRIBE ARCA.**



HIGHLIGHTS OF HAWAII: CONFERENCE ACTIVITIES AND EXTRAMURAL ADVENTURES

BY HENRY McCARTHY



BOARD AND BUSINESS MEETINGS

My experiences in the Aloha State were as enriching as the ambience was relaxed and the environment lush — even at the airport! (See the photo below taken from the walkway to the baggage claim area.)



First, I will summarize several activities that involved professional collaboration, and at the end, I will briefly mention some personal experiences that I believe are related to doing outreach and being collaborative in a broader context. We had ARCA Board meetings on March 26 and 27. For some of us, it was our first time to meet in person. We had some good, relationship-building conversations we don't get a chance to have in our agenda-filled, voice-only monthly meetings via teleconference call. Much of the discussion on both days related to aspects of the current movement within ACA to make counselor licensure uniform across the country and across the sub-specialties of the field and the corresponding movement between CORE and CACREP to provide joint accreditation of clinical rehabilitation counseling and clinical mental health counseling degree programs.

Included as part of the second day's agenda was a presentation by Carol Bobby, CACREP Executive

Director; Sylvia Fernandez, CACREP Board Chair; Frank Lane, CORE Executive Director; and Patty Nunez, CORE Board Chair. They reported on the status of the CORE-CACREP partnership and the joint accreditation conversion process, as well as answered our questions. Discussion of the scope of practice statement from the work group of the ACA-organized 20/20 Vision for the Future of Counseling stimulated expression of lots of strongly held perspectives. Some of these were rooted in the passions of the heart that drew us into the profession of rehabilitation counseling; others were shaped by the experience of the political challenges of professional compromises, third-party payment regulations, and staying included on the team that will determine the types and directions of the services we may or may not provide to consumers in the future. For me, the experience of contemplating and debating these issues was a cycle of alternately affirmative, anxious, and ambivalent feelings.

I attended two business meetings. First was the Editorial Board meeting for our Division's peer-refereed journal, *Rehabilitation Counseling Bulletin (RCB)*. Editor Doug Strohmer reported on the status of the journal's submissions received, average timeline for editorial review, and opportunities for thematic issues and special features. Accolades go to Doug and the peer reviewers for all their good work in continuing to uphold the well-respected standards of *RCB*. Second was the ARCA Business meeting where, again, many heartfelt and meaningful points of view were shared about some of the outcomes of the process of the 20/20 Vision for Counseling. In addition, there was discussion of the proposal by the ACA Division, Association for Counselor Education and Supervision (ACES), to take a lead in establishing the educational standards for the Clinical Mental Health and Clinical Rehabilitation Counseling accreditations. This discussion reinforced the comments made in the *RCB* Editorial Board meeting that CORE and NCRE should be integrally involved in the development, review, implementation, and validation of the educational standards; and that *RCB* would be an ideal forum for stimulating the generation and dissemination of research to guide and support those phases of the standards' creation.

CONFERENCE SESSIONS AND RECEPTIONS

One of the advantages a large association conference can offer is the opportunity to hear a keynote address by a person of high achievement. Typically at ACA, there are two keynote presentations, one by a prominent professional and the other by an accomplished person outside of counselor education and practice. The latter this year was given by Morgan Spurlock, perhaps best known for directing and starring in *Super Size Me*, an Academy-Award-nominated film on the deleterious effects of eating too much fast food. Displaying vintage photographs of them, he showered amusing praise on two counselors who had been influential in his life: his mother and his high school guidance counselor. He further presented his bona fides for addressing a counseling audience by revealing other relevant aspects of his life, including: dealing with peer reactions to his being a ballet dancer from first through eighth grade in, of all places, rugged West Virginia; and his recent reconnecting with his 90+ year-old grandmother as she confronts the challenges of aging and affirms her independence by insisting on staying in her own home, rather than enter a supported-living environment. I was glad to learn about the current project in his career of "immersive filmmaking" where he becomes intensely involved in an issue or community, albeit for a brief period, in an effort genuinely to understand and depict the insider's experience of it. It is a weekly series on CNN called *Inside Man*.

During the ARCA reception, President Toriello called for a break in the buzz of small-group networking and dyadic conversations, in order to address the combined attendance. He recognized the two student groups that had completed all of the steps of ARCA's Understanding Rehabilitation Counseling (URC) campaign during the Fall 2013 semester. He showed the professional-quality informational video done by rehabilitation counseling Master's degree students at Northern Illinois University. Having taken advantage of a \$1,000 travel award that ARCA offered to the programs completing a URC project, Cory Blissett was in attendance to represent his group from NIU. After brief comments about their making of the video, Corey shared the story of his brother, who acquired a spinal cord injury and head injury in a car accident as a high school student several years ago. It was a powerful testimonial about his appreciation for his brother's arduous journey of rehabilitation and the substantial role RCs played in that process. The video can be viewed at: <https://www.youtube.com/watch?v=-sKRUiPZkbQ>.

The first-year Master's degree students at Louisiana State University Health Sciences Center in New Orleans were the other group that completed a URC campaign. For their project, they designed a T-shirt (see the front and back photos below) that they then wore at their program's booth at various community events such as a health fair and a graduate school expo, to promote awareness of our profession.



ACA President Cirecie West-Olatunji held a social where I networked and discussed ARCA activities with a variety of people including: two counselors who are Ireland's current counterparts to ACA President and Executive Director; former ACA President, Beverly O'Bryant (who received a Leadership award at the conference); and Kimberly Frazier, a current member of the ACA Governing Council, whom I first met when she was a Master's student at Xavier University in New Orleans about 15 years ago. We watched the Friday night fireworks display from the balcony before going to the dance at the Opening Night Celebration.



Pictured from left to right: Henry McCarthy and ARCA Past Presidents Carrie Wilde and Patty Nunez at the ACA Opening Night Celebration in Honolulu, March 28, 2014.

Per usual, the conference offered an extensive selection of educational sessions. On March 29, I attended sessions focusing on the following topics: using spiritual timeline drawings to elicit critical events and concerns in a client's development; integrating music into therapeutic and educational contexts; and Cloe' Madane's keynote address that was jam-packed with vignettes from her practice of brief therapy with couples and families. I also attended the fine presentation on the neglected experiences of fathers of children with disabilities by ARCA Board members, Joseph Keferl and Paul Toriello and their colleagues, Jeevitha Kempegowda and Gina Oswald. The next day I went to sessions on: treating the psychosocial needs of people in cancer treatment; experiencing the Mandala Assessment Research Instrument (MARI), a tool for targeting personal-growth goals and concerns that is based on Jungian theory and involves drawing followed by interpretive reflection; and the Buddhist practice of welcoming distress and its useful application to situations of conflict that emerge in counseling and supervision.

APPRECIATING HAWAII

Overall, it was an energizing experience of becoming more informed, promoting awareness of ARCA and rehabilitation philosophy among the many new people I met (including at least a dozen graduate students), catching up with cherished colleagues, and enjoying the natural beauty of Hawaii — from snorkeling in the sea to watching the rise and fall of the sun interact with the mountains and sky in varied manifestations of their majesty. There are two final tidbits I'd like to share. Whenever I visit a city, I use the public transportation at least a few times to get a sense of the local-color life and to observe what physical accessibility features it offers for riders with disabilities. Because I wanted to visit the less crowded areas of Oahu outside the capital, I investigated and found out there are two Honolulu city buses that go to the north shore of the island. A woman I met at the conference invited me to drive with her and her daughter to Hale'iwa, the town on the north shore where they live. They dropped me off at a famous surfing beach there where I swam and then ate lunch at a nearby farmer's market. On the return, I took the Honolulu city bus for the regular \$2.50 fare on a beautiful 2 hour and 25 minute ride along the shores of the north and east coasts of Oahu back to the bus station next to the Convention Center in Honolulu. It was a wonderful and quite fortuitous trip. Also fortuitous was the fact that on the very long plane ride between the mainland and Hawaii, the airline I flew happened to show the movie *Nebraska*, which I had not planned on seeing but which I now highly recommend. I found it a very touching film that deals with family relationships, the difficulties of dementia, and the tenacity of human aspirations. And from my memories of when I was doing my dissertation research, exploring adjustment to aging in various community settings in neighboring Kansas, the characters and scenes were amazingly authentic.

Thanks for allowing me to share my personal observations and reflections. Let me know if you have any suggestions or commitments to make as to how we can collaborate for the betterment of our profession and the people we serve.

Be well,

Henry McCarthy, Ph.D., CRC, LPC, LRC
Council on Collaboration and Development
hmccar@LSUHSC.edu

For more information on past, present and future ACA conferences, visit: www.counseling.org/conference.

Hawaii 2014



Pictured left to right: (back row) Paul Toriello, Joseph Keferl, Katie Wachtel, and David Staten; (front Row) Carrie Wilde, Henry McCarthy, and Jennipher Wiebold.

BENEFITS OF ARCA MEMBERSHIP

- Rehabilitation Counseling Bulletin (RCB), a quarterly peer-reviewed scholarly publication.
- Online quarterly newsletter highlighting legislative and professional activities that affect rehabilitation counselors and the profession (www.arcaweb.org).
- Opportunities for professional growth and leadership through participation in ARCA sponsored activities and workshops.
- Website reports on issues and trends affecting rehabilitation counselors (www.arcaweb.org).
- CEUs for peer reviewing submissions to RCB or reading articles in RCB.
- Building relationships with ARCA colleagues and expanding opportunities for employment and continued professional growth.
- Listserv alerting rehabilitation counselors to legislative actions and ARCA activities.
- Professional recognition through Association Awards.
- Opportunities to network on an annual basis at conferences and annual membership meetings.



**HYATT REGENCY ORLANDO
MARCH 11 — 15, 2015
ORLAND, FLORIDA**

For the 2015 Call for Proposals, visit:
<http://www.counseling.org/conference/2015-conference-call-for-proposals>

Submissions are due by
5:00 p.m. ET
on **May 28, 2014**

In addition, visit <http://www.counseling.org/conference/2015-conference-registration> to take advantage of the supersaver conference registration rates are in effect until **September 15, 2014**



REPORT FROM ARCA STUDENT TASK FORCE REPRESENTATIVE

KATIE WACHTEL

As an organization, ARCA recognizes the importance of its student members. We acknowledge that as the profession experiences shifts and changes, the future of the profession becomes increasingly salient. As students, we are the future of the profession and it is important for us to foster our professional identity as rehabilitation counselors by maintaining awareness surrounding professional issues. In efforts to assist in student growth and awareness, ARCA encouraged student attendance and participation in ARCA events at the 2014 American Counseling Association Conference and Expo. Student orientation provided the student attendees the opportunity to meet various ARCA board members and learn about the current efforts of the board. Students learned about ARCA as an organization, the importance of professional identity, current issues in the profession, ways to get involved and how students can make an impact.

In addition to providing students with opportunities, education, and awareness related to the profession, ARCA utilizes the annual ACA conference as a medium to recognize and show appreciation for the work of its students. At the annual ARCA student presentations and research forum, five current students were given the opportunity to showcase their efforts to enhance the profession through research and advocacy. In addition to experience giving a professional presentation, these students helped to inform the attendees of the impact students can make on the profession. Great job presenters!



Pictured from left to right: Michelle Bradham-Cousar, Emily Easterling, Negat Negussie-Retta (kneeling), Ashley Clark, and Shanica M. Jones-Colson.



**ANNOUNCING ARCA
SPECIAL AND
STUDENT AWARDS**

**DR. JAMIE SCHUTTE,
CHAIR, COUNCIL ON
PUBLIC RELATIONS
AND AWARENESS**

*And the Awards go to. . . Irasema Silva, Master's Student of the Year
and Kristin Graham, Doctoral Student of the Year*

MASTER'S STUDENT OF THE YEAR AWARD



The 2014 ARCA Master's Student of the Year Award goes to Irasema Silva from the University of Texas—Pan American (UTPA), Edinburg, Texas.

Irasema was nominated by Dr. Irmo Marini, Professor in the Department of Rehabilitation at the UTPA. Irasema is a second year graduate student who excels in her studies, easily maintaining a 4.0 GPA. She maintains this level of academic excellence while working in a forensic rehabilitation consulting practice. She has two publications in press for a special issue of the *Journal of Life Care Planning*.

One of Irasema's most impressive achievements is founding a graduate rehabilitation counseling association on campus. Through her leadership skills, she has built a large, well-coordinated, and extremely productive association. In less than one year, the organization has grown to 45 paying graduate and doctoral student members. They have raised over \$1,500, which has been donated to disability causes. Of Irasema, Professor Marini wrote, "I believe she exemplifies who a rehabilitation counselor should aspire to be. Specifically, she is an enthusiastic, warm, and genuinely caring individual who is always optimistic and conducts herself in a very professional manner, treating everyone with dignity and respect. Overall, I believe her outstanding and intrinsically inspired academic, research, and volunteer graduate and professional community activities prepare her to become one of rehabilitation counseling's future leaders on a national level."

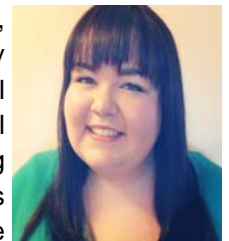
CRITERIA FOR THE ARCA STUDENT AWARDS

The ARCA Student of the Year Awards recognizes students for their outstanding contributions, academic achievements, and commitment to the rehabilitation counseling profession. In addition to outstanding academic achievement, award winners are involved in professional organizations, campus activities, and the graduate community. They have contributed to knowledge through research, teaching, and scholarship. They have made substantial contributions to the graduate community.

DOCTORAL STUDENT OF THE YEAR AWARD

The 2014 ARCA Doctoral Student of the Year Award goes to Kristin Graham from the University of Pittsburgh, Pittsburgh, Pennsylvania.

Kristin was nominated by her advisor, Dr. Allen Lewis. Kristin currently maintains a 3.74 GPA in her doctoral studies. She is a member of several professional organizations, including ACA and ARCA, where she served as an Associate Regional Representative from September 2011 to July 2012; the Greater Pittsburgh Counseling Association, where she served as the Graduate Student Representative for two years; NCRE; and NRCA. Kristin was a founding member of the rehabilitation counseling student association at the University of Pittsburgh. She is the winner of the Pennsylvania Rehabilitation Association's 2012 Graduate Student of the Year Award for direct service and leadership to the profession.



Kristin has been highly involved in several research projects, and currently has two published abstracts. She has presented the results of her scholarship and research at statewide and national conferences. Most impressively, Dr. Lewis writes of Kristin, Kristin "is a servant leader. She is always willing to go the extra mile to help others. Many look to her for leadership, guidance, and advice; and she influences by example in a quiet and humble manner. She always leads by doing first.... Much of Kristin's success can be attributed to her quietly assertive leadership style that makes her influence subtle yet powerful."



ARCA RESEARCH AWARDS

by
Keith B. Wilson, Ph.D., CRC,
Chair, Council on Research and Knowledge

ARCA JAMES F. GARRETT DISTINGUISHED CAREER IN REHABILITATION RESEARCH AWARD COMMITTEE (PAST GARRETT AWARDS WINNERS)

- 2012 Ellen Fabian
- 2010 Irmo Marini
- 2004 Michael Leahy
- 2001 David Hershenson

RESEARCH AWARD WINNERS

It has been a joy serving as your Chair on the Council on Research and Knowledge once again this year. That said, I owe a tremendous amount of gratitude and thanks to both **Abdoulaye Diallo** (University of Texas Pan American) and **Joseph Keferl** (Wright State University) for their help in facilitating the ARCA Research and the James F. Garrett Distinguished Career in Rehabilitation Research Awards for this year. Additionally, major accolades to both the ARCA Research and Garrett Award committees for their continued support and guidance in the selection process. We have no awards without the two aforementioned committees and the well-deserving nominees from all across the United States.

Congratulations to the ARCA Research Award Winners for 2014. We have provided their research abstracts on the next page for your review. The ARCA Research Award recognizes and honors high quality, empirical research in the field of rehabilitation counseling. Research published in peer-reviewed outlets in the calendar year (2013) were eligible for this award.

A special thanks to **Doug Strohmer, Paul Toriello, David Staten, Henry McCarthy, Lorie McQuade,** and **Allison Fleming** for their keen insight and ability to get things done and for their assistance in facilitating all of the ARCA Awards this year. As you will observe, we received nominations for great research articles, resulting in very close scores for our first, second, and third place winners.

Please remember to contact me (kbwilson@siu.edu) if you would like to get involved with the Council on Research and Knowledge in the future. See you next year!

ARCA AWARD COMMITTEE MEMBERS 2014

- Norm Berven
- Malachy Bishop
- Daniel Boutin
- Elizabeth da Silva Cardoso
- Alo Dutta
- Michael Frain
- Jason E. Gines
- James Herbert
- Daniel Lustig
- Randy Mowry

1ST PLACE WINNERS

AUTHORS

Christopher Murray and Bonnie Doren

TITLE

"The Effects of Working at Gaining Employment Skills on the Social and Vocational Skills of Adolescents With Disabilities: A School-Based Intervention"

2ND PLACE WINNERS

AUTHORS

Lisa Wilson, Denise Catalano, Connie Sung, Brian Phillips, Chih-Chin Chou, Jacob Yui Chung Chan and Fong Chan

TITLE

"Attachment Style, Social Support, and Coping as Psychosocial Correlates of Happiness in Persons With Spinal Cord Injuries"

3RD PLACE WINNERS

AUTHORS

Connie Sung, Chung-Yi Chiu, Eun-Jeong Lee, Jill Bezyak, Fong Chan and Veronica Muller

TITLE

"Exercise, Diet and Stress Management as mediators Between Functional Disability and Health-Related Quality of Life in Multiple Sclerosis"

1ST PLACE WINNERS (TOTAL SCORE 129)**AUTHORS**

Christopher Murray and Bonnie Doren

TITLE

“The Effects of Working at Gaining Employment Skills on the Social and Vocational Skills of Adolescents With Disabilities: A School-Based Intervention”

SOURCE

Rehabilitation Counseling Bulletin
January 1, 2014 Volume 57: 109-115.

Dr. Christopher Murray
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ABSTRACT

The current investigation was designed to evaluate the effects of the Working at Gaining Employment Skills (WAGES) curriculum on the social and occupational skills of adolescents with disabilities. Adolescents with disabilities were assigned to either an intervention or control condition. Youth in the intervention group were exposed to the WAGES curriculum for approximately 4.5 months, whereas students in the control group received “business-as-usual” within special education settings. Students and teachers completed brief measures pertaining to prevocational/occupational skills as well as measures pertaining to students’ social skills prior to and following the intervention. Results indicated that after controlling for pretest differences on outcome variables, students participating in the intervention had greater vocational outcome expectations, greater occupational skills, and greater social skills (i.e., empathy, cooperation, and assertiveness) than did students with disabilities in the control condition following the intervention. These findings provide preliminary evidence of the effectiveness of the WAGES curriculum.

2ND PLACE WINNERS (TOTAL SCORE 126)**AUTHORS**

Lisa Wilson, Denise Catalano, Connie Sung,
Brian Phillips, Chih-Chin Chou, Jacob Yui Chung Chan
and Fong Chan

TITLE

“Attachment Style, Social Support, and Coping as Psychosocial Correlates of Happiness in Persons With Spinal Cord Injuries”

SOURCE

[*Rehabilitation Research, Policy, and Education*](#)
Volume 27, Number 3, 2013, pp. 186-205

Dr. Lisa Wilson
Associate Professor
Pontifical Catholic University of Puerto Rico

ABSTRACT**Objective**

To examine the roles of attachment, social support, and coping as psychosocial correlates in predicting happiness in people with spinal cord injuries.

Design

Quantitative descriptive research design using multiple regression and correlation techniques.

Participants

274 individuals with spinal cord injuries.

Outcome Measures

Happiness as measured by the Subjective Happiness Scale.

Results

Functional disability and psychosocial correlates including coping, attachment styles, and social support were found to be associated with happiness scores. Functional disability was found to have a large negative effect on happiness and the effect was significantly reduced after taking into consideration the effect of positive psychology factors.

Conclusion

Positive psychology variables are important for happiness and subjective well-being, and happiness in turn is related to better quality of life. The negative relationship between functional disability and happiness can be mediated by attachment, social support, and coping. Rehabilitation professionals should de-emphasize negative characteristics related to poor psychological adjustment and focus on positive human traits and positive psychology interventions for people with disabilities.

3RD PLACE WINNERS (TOTAL SCORE 122)**AUTHORS**

Connie Sung, Chung-Yi Chiu, Eun-Jeong Lee,
Jill Bezyak, Fong Chan and Veronica Muller

TITLE

“Exercise, Diet and Stress Management as mediators
Between Functional Disability and Health-Related
Quality of Life in Multiple Sclerosis”

SOURCE

Rehabilitation Counseling Bulletin
Volume 56(2) 85–95

Dr. Connie Sung
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ABSTRACT

The main objective of this study was to examine the mediational and moderational effect of exercise, diet, and stress management on the relationship between functional disability and health-related quality of life. Quantitative descriptive research design using multiple regression and correlation techniques was used. Participants were 215 individuals with multiple sclerosis (MS). Outcome measure used was health-related quality of life as measured by the Medical Outcomes Study (MOS) Short-Form Health Survey (SF-12v2). Functional disability and health-promoting behaviors including exercise, diet, and stress management were found to be associated with health-related quality of life. Exercise and stress management (but not diet) were partial mediators between functional disability and health-related quality of life. Exercise was found to be a moderator between functional disability and health-related quality of life. Exercise had a stronger effect on health-related quality of life for individuals with lower functional disability than people with higher functional disability. Health-promoting behaviors are important for health-related quality of life, and health-related quality of life in turn is related to better employment outcomes. Health-promoting behaviors can also mediate the relationship between functional disability and health-related quality of life. Rehabilitation counselors should consider including health promotion interventions in vocational rehabilitation services for individuals with MS.

**2014 ARCA JAMES F.
GARRETT DISTINGUISHED
CAREER IN
REHABILITATION
RESEARCH AWARD**

Congratulations **Dr. Keith B. Wilson**,
the **2014 ARCA James F. Garrett
Distinguish Career in Rehabilitation
Research Award** winner.

This Award recognizes excellence in research contributions over one's career. The nominee may or may not be retired in order to qualify. The nominee's published research should span at least 15 years and focus on rehabilitation counseling.

Keith B. Wilson, Dean
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Please consider getting involved in the ARCA Awards process for the upcoming year. Please nominate research you feel is deserving of recognition. If you would like to get involved in the review process, please contact me directly.

Keith B. Wilson, Ph.D., CRC,
Chair, Council on Research & Knowledge
kbwilson@siu.edu or (618) 453-7313

*Thank you to all of those who
submitted nominations this year!*

*Congratulations to all
our Winners!!*

ARCA AWARD PROCESS

I. **Announcement Sent to:**

- A. Journal Editors (e.g., Doug Strohmer)
- B. ARCA Newsletter
- C. ARCA listserv
- D. NCRE listserv
- E. Division 22 listserv

II. **Contacted Reviewers and Deadlines:**

- A. Called or emailed previous reviewers to establish interest in reviewing for 2014 ARCA Awards.
- B. Provided adequate information to the reviewers about timeline and their expectations so they were aware of their responsibilities.
- C. Timeline: Nominations were due by January 17 and the reviewers received their articles shortly thereafter. The article reviews were due back by mid-February and the award winners were contacted March 1.

III. **Award Nominations:**

- A. ARCA Research Award had 42 nominations. This is up significantly from last year (only 9 nominations).
- B. The James F. Garrett Distinguished Career in Rehabilitation Research Award had five (5) nominations. Only one (1) met the criteria for the award. In order to facilitate an independent review of the nomination, the Research & Knowledge (R&K) Chair recused himself. Nomination review was facilitated by Dr. Joseph E. Keferl, ARCA Past President and Past R&K Chair. Reviewers (i.e., past Garrett Award Winner) unanimously supported the nomination for the award. The majority of the reviewers (i.e., past Garrett Award Winners) supported the nomination for the award.

IV. **Review Process:**

- A. Compiled a list of nominated articles. Forwarded articles to reviewers by email in .PDF format.
- B. Included a letter that explained deadlines and enclosed the evaluation form.
- C. Reviewers were asked to submit all evaluation forms to staff assistant for tabulation to avoid conflict of interest.
- D. Articles were reviewed and the reviewers received equal number of articles in most cases. Attempted to keep ratio 1:4.
- E. Once articles were nominated, the articles were randomly assigned to reviewers by student worker and staff person to avoid a conflict of interest between the ARCA Awards Chairperson and articles submitted for possible award. Reviewers were asked to notify Awards Chairperson of any possible conflict of interests.

V. **Evaluated Responses and Notification of Award Winners:**

- A. Once the reviewer's evaluation forms had been received by staff person, she computed the average score for each article and determined the three highest scoring articles (i.e., first, second, and third place). This was double-checked without the names on the evaluation forms by ARCA Awards Chairperson.
- B. The lead author of a winning article is responsible for informing the other authors of their award.
- C. All award winners (i.e., first authors) were sent both an email (February 28) and hard copy on ARCA letterhead (February 26).
- D. Detailed information about the ARCA Luncheon (e.g., date, time, etc.) was included in the letter to the first author.

RECEIVE ONLINE

“THE REHABILITATION COUNSELING BULLETIN”

As a member of ARCA, you receive free online access to *Rehabilitation Counseling Bulletin (RCB)* as a member benefit which features articles important to rehabilitation counseling practitioners in counseling, education, or research settings. Each issue includes original empirical research, theoretical essays, comprehensive literature reviews, intensive case studies, research critiques, and media reviews.

Go to the SAGE website society member subscriptions activation page (<https://online.sagepub.com/cgi/activate/basic>) and enter your ARCA Member Number in the appropriate field, select American Rehabilitation Counseling Association from the drop-down menu, and click Submit. Follow the instructions to complete your user set-up. Once complete, you can access RCB online at the RCB website (<http://rcb.sagepub.com/>). Please note, your online access begins with your first print issue. New members should wait to receive their first print issue before attempting to register for online access.

